

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>Workout 1</b>	<b>Workout 2</b>	<b>Workout 1</b>	<b>Workout 2</b>	<b>Workout 1</b>	<b>Rest / Recovery</b>
Prehab / Rehab	SAQ, Core, Cardio Shuttles	Prehab / Rehab	SAQ, Core, Cardio Shuttles	Prehab / Rehab	



# SPEEDU.CA

## Prehabilitation / Rehabilitation Phase

### U18 and Older 2: Dumbbells and Bands ONLY

WORKOUT 1					
BLOCK 1		BLOCK 2		BLOCK 3	
<b>Exercise 1A:</b>	Toe Squat C&C into Toe Flexion	<b>Exercise 2A:</b>	Lat to Toe Up Lunge PAIL/RAIL	<b>Exercise 3A:</b>	Half Kneeling Hip CAR
<b>Sets x Reps:</b>	2 x 5	<b>Sets x Reps:</b>	2 x 3 per leg per lunge	<b>Sets x Reps:</b>	2 x 3 Per Side
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	3:3:3:3	<b>Tempo:</b>	5 sec each way
<b>Exercise 1B:</b>	FW/BW Rock with OH Dowel	<b>Exercise 2B:</b>	Cross to Lunge Twist PAIL/RAIL	<b>Exercise 3B:</b>	Deep Squat Hold w/ OH Reach
<b>Sets x Reps:</b>	2 x 4 per side	<b>Sets x Reps:</b>	2 x 3 per leg per lunge	<b>Sets x Reps:</b>	2 x 5
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	3:3:3:3	<b>Tempo:</b>	2:2:2:2
<b>Exercise 1C:</b>	ISO Hip Flex w/ Int/Ext Rot.	<b>Exercise 2C:</b>	Neck Bridge Hip Thrust March	<b>Exercise 3C:</b>	KB Ecc. Hip Flexion w/ Hike
<b>Sets x Reps:</b>	2 x 3 per leg	<b>Sets x Reps:</b>	2 x 5 Per Leg	<b>Sets x Reps:</b>	2 x 4 per leg
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	4 RM Weight or Band
<b>Tempo:</b>	3:3:3:3	<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	5 Seconds Down
<b>Exercise 1D:</b>	Walrus Pushup Plus	<b>Exercise 2D:</b>	Hip Airplane (Arms in T)	<b>Exercise 3D:</b>	Glute Bridge - Single Leg
<b>Sets x Reps:</b>	2 x 8	<b>Sets x Reps:</b>	2 x 5 Per Side	<b>Sets x Reps:</b>	2 x 10 Per Leg
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	2:2:2:2	<b>Tempo:</b>	3:3:1:1	<b>Tempo:</b>	2:2:2:1
<b>Exercise 1E:</b>	Tib Raise Horseshoe w/ Inv/Ever.	<b>Exercise 2E:</b>	Lat Lunge W/ Banded Add./Flex.	<b>Exercise 3E:</b>	Dynamic Banded Shldr Int/Ext Rot
<b>Sets x Reps:</b>	2 x 4 per direction per leg	<b>Sets x Reps:</b>	2 x 3 per leg	<b>Sets x Reps:</b>	2 x 3 per arm per int./ext.
<b>Weight:</b>	Body Weight	<b>Weight:</b>	Banded	<b>Weight:</b>	Band
<b>Tempo:</b>	2:2:2:2	<b>Tempo:</b>	2:2:2:2	<b>Tempo:</b>	SLOW
<b>Exercise 1G:</b>	Standing Windmill	<b>Exercise 2F:</b>	Ast. Tib Raise to Pogo Stick	<b>Exercise 3F:</b>	Standing Shoulder CAR
<b>Sets x Reps:</b>	2 x 5 per side	<b>Sets x Reps:</b>	2 x 6 of Each	<b>Sets x Reps:</b>	2 x 4 Per Arm
<b>Weight:</b>	8 RM	<b>Weight:</b>	Body Weight	<b>Weight:</b>	Body Weight
<b>Tempo:</b>	Slow and Controlled	<b>Tempo:</b>	2:1:2:1	<b>Tempo:</b>	5 Seconds Per Direction
WORKOUT 2					
SAQ		CORE		CARDIO	
<b>Sets / Exercise</b>	4	<b>Rounds</b>	3	<b>Sets</b>	10
<b>Work : Rest</b>	10 sec : 20 sec	<b>Sets / Exercise</b>	6	<b>Work : Rest</b>	60 Sec : 60 Sec
<b>Intensity</b>	50%	<b>Work : Rest</b>	5 sec : 5 sec	<b>Modality</b>	Running- 10m Shuttle
<b>Exercise 1:</b>	HopScotch (2 Lines)	<b>Exercise 1:</b>	Low Plank Overhead Reaches		
<b>Exercise 2:</b>	In, In, Out, Out (2 Lines)	<b>Exercise 2:</b>	Copenhagen SP + Abd.		
<b>Exercise 3:</b>	Icky Stationary (2 Lines)	<b>Exercise 3:</b>	Back Extension		
<b>Exercise 4:</b>	Ali x3, Quarters x3 Combo	<b>Exercise 4:</b>	Dead Bug 2 Arms 2 Legs Straight		
<b>Exercise 5:</b>	Cross-Over (1 Line)	<b>Exercise 5:</b>			
<b>Exercise 6:</b>	2F Lat. Slalom Hops (1,2,Over)	<b>Exercise 6:</b>			

